

**Full Report (All Nutrients) 45107449, ZATARAIN'S, CHICKEN FRYING MIX, CHICKEN BREADING MIX, CRISPY SOUTHERN, UPC: 071429026681**

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**Report Date: June 09, 2017 11:28 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 17g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	60	353
Protein	g	--	--	2.00	11.76
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	11.00	64.71
<b>Minerals</b>					
Iron, Fe	mg	--	--	0.72	4.24
Sodium, Na	mg	--	--	690	4059

**Vitamins**

**Lipids**

**Amino Acids**

**Other**

**Ingredients**

ENRICHED BLEACHED WHEAT FLOUR (WHEAT & MALT BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICE, LEAVENING (SODIUM ALUMINIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, NATURAL FLAVOR, AND LEMON JUICE CONCENTRATE. *Date Last Updated by Company: 05/16/2016*